

ABSTRACT

STARCH SUB-TYPES AND LIPID METABOLISM

5 A method is provided for regulating carbohydrate and fat metabolism in
an individual which method comprises replacing a proportion of the individual's
daily carbohydrate intake with resistant starch and a proportion of the
individual's saturated fat intake with unsaturated fat. Also provided are
compositions comprising resistant starch and unsaturated fats and methods for
10 making and using the same.